

Nurses Notes

Flu Season

The flu season is upon us. Reminder for anyone 6 months or older to get vaccinated. A special senior strength vaccine is also available this year. It takes 2 weeks for the vaccine to be effective. Contact your primary physician, or, many pharmacies offer the flu shot. Stay well this winter.

Breast Cancer Awareness Month

Breast Cancer is a scary thought and all too many women assume that it won't happen to them. Fact is, though every 10 minutes a woman is diagnosed with breast cancer. Continue to do monthly self exams and yearly mammograms.

Congratulations to the survivors that fought the battle. Many prayers to all that are in the midst of the fight. To those who lost the battle and are now in God's arms...we will remember you.

Betty Hackett, RN, Parish Nurse

Fall Festival, Immaculate Conception Church, Fairbank

October 27, 2019 from 11:00am-2:00pm. Turkey & Dressing, Roast Beef, mashed potatoes & gravy, sweet corn, baked beans, coleslaw, rolls, desserts and beverages. Adults \$10, Age 5-12 \$5, age 4 and under free. All carry outs \$10 each. Country store, 50/50 Raffle-\$20 for 25 tickets or \$1 each, for a drawing every 1/2 hour.



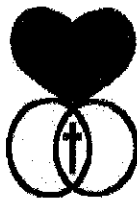
Unlocking the Mystery of the Bible

Saturday, October 26. 8:00am-4:00pm. In this video series Catholic evangelist Jeff Cavins examines the "big picture" of the Bible from the book of Genesis to the Book of Revelation. The series examines twelve key time periods and fourteen key books from the Old and New Testaments using Cavins' unique color-coded system.

(This series is a condensed version of Cavins' "The Bible Timeline--the Story of Salvation" video series.) For information contact St. Patrick Parish office at 319-266-3523.

Open Tea & Scripture

Monday, October 28, 5:15-6:15 pm at Ellen Kuchera's residence. All are welcome to join for tea and reflection on the Sunday readings. Text/call Ellen (319-349-6710) for her address if interested in attending.



Marriage Encounter Weekends

Worldwide Marriage Encounter has been offering enrichment weekends for married couples for over 40 years. These weekends are designed for couples who desire a richer, fuller married life. During the weekend couples learn to communicate in a deeper and more enriching way, free from the distractions and interruptions of daily life. Weekends are held at retreat centers or hotels. Advance registration is recommended.

Weekends are currently scheduled for:

November 1-3, 2019 in Coralville, IA

March 6-8, 2020 in Black River Falls, WI

May 29-31, 2020 in Dubuque, IA

September 25-27, 2020 in Cedar Falls, IA

Information and registration is available online at www.iowa-wwme.org.

Busy Catholic's Guide to All Saints and All Souls

Wednesday, October 30. 7:00-8:00pm. TBA This one-hour discussion is designed for Catholic adults and young adults who want to learn or review how and why Catholics celebrate the feasts of All Saints and All Souls. The discussion will be conducted in a safe, non-threatening format and will include an opportunity for questions and discussion.

Information at 319-233-0498 and online at bit.do/catholic-life

St. Patrick Parish Retreat

November 3-5, 2019 St. Patrick Parish, Cedar Falls. "Our Personal Relationship with Jesus" is the theme of this year's retreat, presented by Fr. Dennis Colter. Fr. Colter will examine the theology of a personal relationship with Jesus, use of Scripture, prayer and sacraments in nurturing a personal relationship with Jesus. Evening sessions begin at 6:30pm in the church. The retreat schedule is online at: <https://www.saintpatrickcf.org/nov-2019-parish-retreat>



Catholic Readers Book Club

Monday, November 4. 6:30-8:00pm. Rosewood Estate 1117 Maxhelen Blvd., Waterloo. The book club meets monthly to discuss books of special interest to Catholic readers and is open to all. This month's book is "Anatomy of a Miracle" by Johnathan Miles. For information contact Bev Byford at 319-529-7375 (email: byfordbev93@gmail.com). Learn more at: waterloocatholics.org/catholic-readers-book-club

Losing your Faith?

Are you a long-time Catholic who feels like you are "losing your faith" or your confidence in the Catholic Church? There are many reasons why an individual may feel like they are losing their faith, not the least of which is the sexual abuse crisis in the church. However, in many cases an individual who feels like they are losing their faith is actually growing in their faith. If you're interested in discussing this phenomenon, contact Dave Cushing at dbqwcaf@dbqarch.org

- Learn more online at waterloocatholics.org/faith-losing-my-faith



Critical Choices Workshop

November 6. 6:30-8:30pm. Rectory Classroom. Sacred Heart Parish. This workshop examines some of the issues which arise at the time of a serious illness or at the end of life and helps participants consider the type of personal, spiritual and medical care they wish to receive if they are seriously ill and unable to speak for themselves. The workshop is appropriate for individuals or couples of any age. No fee but pre-registration is required. Information and registration at 319-233-0498 or online at waterloocatholics.org/.

Inactive and Alienated Catholics

Wednesday, November 20. 7:00pm. COR at 220 E. 4th St., Waterloo. The Catholic Parishes in Waterloo host this Listening Session for inactive, alienated, discouraged and former Catholics who wish to discuss their past, present or future relationship to the Catholic Church in a safe, nonjudgmental environment. For information contact Dave Cushing at 319-233-0498 (email: dbqwcaf@dbqarch.org).

- Information for inactive and alienated Catholics is available online at: <http://bit.do/InactiveCatholics>



Perpetual Adoration

Body, blood, soul & divinity of Jesus Christ. It's all there in the Blessed Sacrament. Visit Jesus at the Perpetual Adoration Chapel, located at Columbus HS. Committed adorers, substitutes & drop-ins are all needed. Specific needs at this time are Wednesdays at 12:00am & 1:00am, Fridays at 12:00am & Saturdays at 5:00pm. Email cvadoration@gmail.com or call Mike Strei at 801-920-9130.

LGBT Catholics

Wednesday, November 27, 2019 at COR, 220 E. 4th St., Waterloo. The Catholic Parishes in Waterloo host this Listening Session for gay and lesbian Catholics who wish to discuss their past, present or future relationship to the Catholic Church in a safe, nonjudgmental environment. For more information contact Dave Cushing at 319-233-0498 or email Dave at: dbqwcaf@dbqarch.org

- Find more information for gay and lesbian Catholics here: <http://bit.do/CatholicLGBT>